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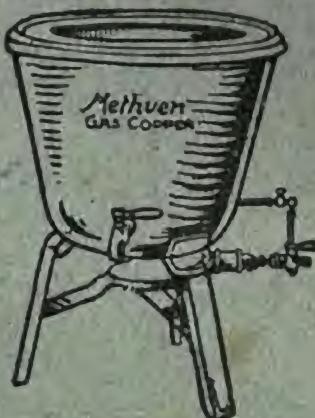
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St. George Cookery Book

Containing 150 Unique Recipes



Issued by

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Third Edition: October, 1924.

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FOREWORD

As the result of various competitions held at different times, we received a number of unique recipes which could not be made available to everyone unless we went to the expense of having this booklet printed.

In these competitions, where the most skilful housewives displayed their talent, only those recipes of extreme excellence drew prizes, but the difference in merit between successful and unsuccessful recipes was often very slight.

We trust, then, that this booklet will be appreciated by unsuccessful competitors as our tribute to them—for it was the wish that their efforts be not altogether wasted that led us to issue this book.

We conclude by wishing all readers the best of luck in any of our future competitions.

Yours faithfully,

IRVINE & STEVENSON'S

St. George Co., Ltd.,

Dunedin, N.Z.

WHO WE ARE.

The firm of Irvine and Stevenson was started 57 years ago by James Irvine and William Stevenson in quite a small way in St. Andrew Street, Dunedin.

The business has steadily grown as the result of a lifetime's brain work, hard work and straight dealing, until at the present time the main factory and office buildings comprise about five acres floor space in Filleul Street, Dunedin. The freezing works and bacon factory are in St. Andrew Street, Dunedin, and branch factories are dotted through New Zealand at such places as Auckland, Waikato, Motueka, Westport, etc.

The manufactures comprise some 42 different lines, which may be subdivided into 437 sizes and varieties, and the company claims to be the most versatile manufacturing concern in the world. The machinery is the latest, and cuts out the necessity for touching goods by human hands. An artesian well ensures a copious supply of sparkling, clear water.

A complete list of manufactures is given on page 17, and we think that all New Zealanders can share our justifiable pride at having built up such a business.

The St. George Brand is known in almost every part of the world—the export business having been a particular hobby of the founders.

One of the original partners (Mr. W. Stevenson, sen.) still holds the position of managing director, while a son of each of the original partners supervises the factory and office respectively.

There are many employees who have been with this business for practically a lifetime, and this is only possible where there is complete trust and harmony between employer and employee. Such harmony is reflected in the quality of the goods, and just as you might bite a sovereign to see if it is good, you should always look for the St. George and Dragon Trade Mark on any can of goods before buying it.

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CANNED FRUIT RECIPES

Apricot Cream.—The “St. George” Apricots have already been prepared, cooked and sweetened, simply boil up the fruit (about 18 apricots), press through a fine sieve, and set aside to cool. Then boil 1½ pints of milk (or cream) with 3 tablespoons sugar. Let it cool after boiling, then put into it the yolks of 8 eggs well beaten. Pour this into a jug, which must be placed in a saucepan of boiling water, and stir one way until it thickens. Add 1 oz. of isinglass dissolved in a little water, and when the cream is cold mix the apricot with it. Pour the mixture into a well-oiled mould and keep in a cool place.

St. George Canned Apricots are the Best in the World.

Apricot Eggs.—Make a plain sponge cake, cut while warm into rounds 1 in. thick about the size of a breakfast cup with a cutter. Place on dish to be served on, pour a little syrup over, and using St. George Canned Apricots, place half apricot on each piece to represent the yolk of an egg. Whip some cream with a little sugar, and place round the apricot carefully. Grate a little nutmeg on to represent pepper. Serve cold.

Real Apricot Blanc Mange.—Take about 2 cups of liquid syrup from a tin of “St. George” Pie Apricots, and heat till it nearly boils. Mix up the required quantity of cornflour with a little water to a paste. Pour into the syrup and thicken until the consistency of blanc mange. Pour into mould. In summer this is a nice dish served cold with the apricots and the remaining syrup. In winter gently warm the fruit and use blanc mange as a dressing.

Lily Starch makes the Clothes like Snow.

Apricot Pie Custard.—Line the piedish with good puff paste (bottom and sides), then place a layer of “St. George” Preserved Apricots. Then fill up with a good custard. Bake in a rather quick oven about 30 minutes. Use the liquid as a dressing. May be served hot or cold.

Apple Trifle.—Take a tin of "St. George" Preserved Apples, and stew them gently for 20 minutes or half an hour, and flavour with grated lemon rind or cinnamon. When cold place in a glass dish, and pour over them a good custard made of the yolks of 3 eggs, 1 pint milk, a little sugar, and a little sherry simmered together and allowed to cool. Then take a pint of thick cream, warm it a little over a fire with a little sugar and another small glass of sherry. When cold whisk it to a froth, and as the froth rises place it on a sieve to drain, and after it has stood some time place it on the apples and custard in a rough rocky form.

Buy St. George Canned Sheep Tongues: Larger Tins.

Baked Apple Pudding.—Required: 1 tin Irvine and Stevenson's Apples, 2 tablespoons chopped suet, 3 eggs, 1 pint milk, a little nutmeg, 3 tablespoons flour. Method: Make the batter; place apples in a pie dish; cover with batter; shake suet on top, also nutmeg. Bake for an hour, and then sprinkle with sugar.

Apricot Jelly.—Dissolve with a little cold water 12 sheets of gelatine. Remove the stones from 1 gallon tin of "St. George" Apricots, and place the fruit in an enamel stewpan and warm. Add a little boiling water and 2 tablespoons of sugar to the gelatine. Then stir in the fruit. Put into small basins and garnish with whipped cream.

St. George Jams have the Fresh Fruity Flavour.

Cream of Apricots.—Put into a saucepan $1\frac{1}{2}$ pints of milk and sugar to taste. Let it get hot while you mix 2 tablespoons cornflour with 3 of cold milk. When quite smooth pour the cornflour into the almost boiling milk, and stir until it thickens. Take off the fire and pour into a basin, adding the beaten yolks of 2 eggs and well-frothed whites of eggs. Put the contents of 1 tin of "St. George" Apricots in a dish that will stand the heat of the oven. Pour the cornflour mixture over them, and bake in a hot oven for 15 minutes. Whip some cream and put it lightly over the pudding.

Apricot Patties.—Take a piece of puff pastry 3 in. square. Turn in corners and place in centre, hollow side up, half "St. George" Apricot filled with castor sugar and a little of the juice. Bake a nice brown. When ready for use place whipped cream, sweetened and flavoured with almond essence, on the apricot. This can be used as a pudding.

Freshly Picked Luscious Apricots in St. George Jams.

Apple Swiss Tart.—Line a tart-plate with one-half of the pastry, and partly bake. Then pour in the apples about 2 in. thick, and place the remaining half of the pastry on top and bake thoroughly. When cold spread with whipped cream, and place a few apples among the cream. The Swiss Pastry is made as follows: 2 cups flour, 2 tablespoons sugar, 2 teaspoons baking powder. Mix all thoroughly, rub in $\frac{1}{4}$ lb. butter and moisten with a well-beaten egg and enough milk to make a short crust.

Apple Tart.—Required: 1 tin apples, puff paste. To make the puff paste use 1 lb. flour, 1 lb. butter, the whites of 2 eggs, $\frac{1}{2}$ cup cold water, and a pinch of salt. Mix flour and half the butter together, adding whites of eggs. Mix to a fairly stiff dough with water in which salt has been added. Roll out and spread with butter. Fold, then roll out again until all the butter has been used. Line patty tins with the paste, then fill up with "St. George" Apples mixed to a pulp with some of the juice. Bake in a moderate oven from 5 to 10 minutes. Serve hot or cold with boiled custard or a good thick cream.

The Black Currants! The Gooseberries! Try St. George.

Cream and Apple Pudding.—Beat 3 eggs well with $\frac{3}{4}$ teacup crystallised sugar; add 3 tablespoons milk and same of cream, a breakfast cup of flour, a little salt, and 2 teaspoons of baking powder. Stir all together until quite smooth like sponge cake mixture. Take about $\frac{1}{4}$ tin "St. George" Pie Apples, cut across, drain all the hyrup off and stir into the batter. Butter a pudding steamer well, pour in the mixture, and steam for two hours, being careful to see that the water in the saucepan is kept boiling fast. Serve immediately

it is dished with boiled custard flavoured slightly with essence of almonds, or with cream and sugar. This recipe may be made a quicker way by putting the fruit into an enamel saucepan with a little sugar and sufficient juice and a little water to cover it. Then when boiling pour the batter on the fruit and steam for 45 minutes.

St. George Tomato Sauce is Piquant—Order To-day.

Cornflour and Apricot Pudding.—Put 3 pints milk and $\frac{1}{2}$ pint water in an enamel saucepan. Mix 6 tablespoons cornflour with $\frac{1}{2}$ pint of water, $\frac{1}{2}$ teaspoon of salt, and pour into the milk just before it comes to the boil. Beat the yolks of 3 eggs well, add a breakfast cup of sugar and a few drops of essence of lemon, and add this to the cornflour. After it has boiled for 5 to 7 minutes remove from the fire. Put in a pie dish $\frac{1}{2}$ tin "St. George" Apricots, which should have previously been brought to the boil, with a teacup of sugar, and a little water added to the syrup. Now pour the boiled cornflour on the apricots. Beat to a stiff froth the whites of the eggs and sweeten with a little sugar. Spread over the top of the pudding and place in a well-heated oven till a light brown. May be eaten hot or cold with cream and sugar. Do not let the cornflour remain on the fire after the eggs are added.

Apple and Chocolate Trifle.—Required: 1 tin "St. George Apples, 1 sponge sandwich, 1 pint milk, 2 oz. chocolate, 4 eggs, 2 oz. sugar, $\frac{1}{2}$ pint cream. Method: Place apples between cake. Make a custard with milk, eggs, chocolate and sugar. Pour over cake, and when cold whip cream and pile on top. Garnish with grated chocolate and cherries.

St. George Pepper is Pure—Order it.

Clear Sago Pudding.—Any syrup left over from a tin of "St. George" Apricots may be boiled with sago that has been steeped for a little while in cold water (1 tablespoon of dry sago to 1 breakfast cup of syrup). Sweeten to taste. This makes a delicious sweet.

Make some St. George Ham and Chicken Sandwiches.

Apricots in Jelly.—Open a tin of "St. George" Pie Apricots and see how many cups of juice it contains.

To each cup of juice allow two of water, and to each cup of juice and water allow 2 sheets of gelatine and a level teaspoon sugar. Put gelatine and sugar into an enamel pot, then add juice and water. Let these soak for an hour, then put on fire and let boil for 2 minutes. Put the apricots, which have been previously stoned and halved, into a mould. Pour the liquid gently over them and let stand over night. This makes a nice jelly for a dance supper.

For Invalids: Ex Ox Beef Tea; 2 oz. Jars; all Grocers.

Apple Custard.—One tin “St. George” Apples, 3 sponge cakes, $\frac{1}{2}$ pint custard, lemon peel, red currant jelly, and almonds. Boil peel in half the syrup for 7 minutes, add remainder of tin, set aside to cool. Cut sponge cakes in two, spread with layer of apples, soak with syrup, stick with almonds, put red currant jelly on top, and round the dish pour custard.

American Apple Pudding.—One tin “St. George” Apples, 6 oz. sugar, 3 eggs, rind and juice of 1 lemon, 6 oz. pastry. Method: Line a pie dish with pastry, put in apples, lemon juice and rind, and yolks of eggs. Bake 20 minutes, then whisk whites of eggs with a little sugar and pile on top.

Ever tried Curried Eggs You'll need St. George Curry Powder.

Boiled Apple Dumplings.—One tin “St. George” Apples, $\frac{3}{4}$ lb. suet crust. Roll two pieces of apple in a piece of crust; put dumplings in floured cloth, and boil for 45 minutes.

Apricot Fritters.—Sift 4 oz. fine flour into a basin, add a pinch of salt, a tablespoon of salad oil and a gill of tepid water. Beat the whites of two eggs to a stiff froth, and add them to the batter. Takes the halves of “St. George” Apricots, dip them into it, and fry in a pan of deep fat heated until a blue smoke rises from its surface. Drain the fritters on paper and sift over with castor sugar. Serve hot.

St. George Canned Tomato Sausages: Brown in Fry Pan and Serve

Iced Apricot Tart.—Line an open tart tin with short paste, then fill with “St. George” Apricots (split in centre and take nut out), then cover with another paste. Bake for 45 minutes. When cold ice, and cut into fingers.

Baked Apricot Pudding.—Pour 1 pint of new milk (boiling) over 6 tablespoons breadcrumbs. Let stand until cool, then add the well-beaten yolks of 3 eggs, 2 tablespoons sherry (or some other flavouring—almond is best, and 4oz. fine sugar. Beat them thoroughly and add to the apricots (about 1 dozen which have been reduced to a pulp). Then whisk the whites of 2 eggs to a stiff froth and add to the rest. Place the whole in a pie dish which has been lined with a good puff pastry and bake in a quick oven for about half an hour.

Take St. George Sheep Tongues, Camp Pie, and Pork Brawn.

Apple Turnover.—Take half a tin of apples (“St. George”) and chop a little finer. Then prepare a paste of the following: $\frac{3}{4}$ lb. flour, 6oz. butter or nice dripping, $\frac{1}{2}$ teaspoon baking powder, $\frac{3}{4}$ cup water. Break the butter in pieces, rub lightly into flour until it looks like breadcrumbs, add the powder and mix, pouring the water in gradually. Roll on a floured board, and cut into rounds with a small saucer. Lay apple on half of paste, turn over, and pinch all round. Stab each with a fork and bake in a hot oven just long enough to cook the crust.

Apricot Doughnuts.—Take some “St. George” Canned Apricots and roll in frying batter, being very careful not to break skins. Fry in boiling fat till a golden brown. Take out carefully, and place on blotting paper to drain. Dust with fine sugar, and serve. **BATTER:** Beat up 1 egg in $\frac{1}{2}$ pint of milk, then work in slowly $\frac{1}{2}$ lb. flour. Still till a smooth cream, when it is ready for use. The juice need not be wasted, as it makes a nice jelly. **JELLY:** Heat 1 pint of juice almost to boiling point on a fire. Meanwhile, soak 4 sheets of gelatine in cold water. Pour off the water and add the hot juice to gelatine. Stir till dissolved. Pour in mould and leave for 6 hours.

In the Cold Weather use St. George Tomato Soup.

Apricot Dumplings.—Make a nice suet crust with 3 cups flour, 2 cups finely grated suet, and a pinch of salt. Roll out into neat little rounds sufficiently large for each dumpling. Lay one of “St. George” apricots on each round, with a sprinkle of sugar and nutmeg. Pinch together neatly and tie each one in a piece of muslin and drop into a saucepan of fast-boiling water. Cook quickly for 20 minutes, and serve at once with syrup reserved from fruit.

In the Hot Weather St. George Whitebait for Lunch.

Apricot Custard.—Take a tin of “St. George” Apricots, lift out the fruit, and carefully take out the stones. Sweeten the syrup slightly by adding some sugar and boiling slightly for a short time. Put a layer of Apricots in the bottom of a rather deep glass dish, then a layer of stale sponge cake cut into small pieces. Over this pour half of the sweetened syrup, which will be absorbed by the cake. Then another layer of apricots and sponge cake, pouring the remainder of the syrup over this. Lastly pour over the top some thick custard, and decorate the top with chopped almonds. This dish may be made still more delicious by piling whipped cream on top.

Millenium Washing Powder is Pure; Make Easy Washing Days.

Queen Pudding.—Required: 1 tin of any kind of “St. George” fruit, 3oz. butter, 3oz. sugar, 10oz. breadcrumbs, 2 eggs, 1 teaspoon baking powder, milk or water to mix. Warm a basin or mould, butter the sides and bottom, and cover with browned breadcrumbs. Cream the butter, add the sugar, beat in the eggs, add baking powder and breadcrumbs, and mix stiff with water or milk, or a little of the fruit juice. Put a thick layer of the mixture in the bottom of the crumbed basin. Put some of the fruit in the centre, and put some of the mixture around the fruit, and continue, keeping the fruit in the middle until the basin is full. Put a layer of the mixture on the top and bake for 1 hour, then turn out on a dish. The browned breadcrumbs may be grated crusts, or browned in the oven and kept in a tin for the purpose.

Apple Snow.—Required: 1 tin “St. George” Apples, whites of 10 eggs, rind of lemon. Put into saucepan with lemon rind, boil to a pulp, take out peel, and then cool. Sit in whites of eggs well beaten, whisk gently till quite stiff. Heap on glass dish, and serve with custard.

The Cheapest and Best Disinfectant is St. George, in 1 lb. Tins.

Apricot Trifle.—Required: 1 tin “St. George” Apricots, $\frac{1}{2}$ pint cream, 1 stale sponge cake, 1 oz. nuts, a few drops vanilla. Put the sponge cake on a dish, soak the cake with the syrup, pile the apricots high in the centre, whip the cream until stiff, add vanilla, and heap it roughly all over the fruit. Chop up nuts and sprinkle them over the cream.

Apple and Passion Fruit Pudding.—Required: $\frac{1}{2}$ tin “St. George” Apples, 1 cup flour, 8 passion fruit, $\frac{1}{2}$ cup sugar, 1 cup breadcrumbs, 1 cup suet. Make a crust of flour, breadcrumbs, suet, and enough water to mix into stiff dough. Line a basin with it, and put in “St. George” Apples dry. Open the passion fruit, put the pulp into a gravy strainer with the sugar and some of the juice, rub it through, and pour over the apples. Cover the basin with the crust, tie down tightly with a floured cloth, and boil from 2 to 3 hours. Serve hot with Custard Sauce.

St. George Mincemeat for Tarts—in Tins or Jars.

Apple Sago.—Required: 1 tin “St. George” Apples, 2 oz. sugar, 4 tablespoons sago (use syrup of apples to cook sago in). Place the apples and syrup in pie dish buttered, sprinkle sago and sugar over, and bake for 1 hour. Is especially nice served with boiled custard.

Apple Charlotte.—Required: 1 tin “St. George” Apples, $\frac{1}{2}$ lb. breadcrumbs, 2 oz. butter. Butter pie dish, place apples in (using half the juice), sprinkle breadcrumbs, add butter on top, and brown in oven for 1 hour.

Dominion Pie.—Melt in a saucepan 1 large tablespoon butter. Sift 2 tablespoons flour, add to melted butter, and stir till quite smooth. Gradually add 1½ cups milk, stirring constantly. Let boil for about 5 minutes, or until quite thick. Add two tablespoons sugar and ½ teaspoon essence vanilla. Break in 2 eggs, one at a time, till there are no lumps. Half fill pie dish with “St. George” Apricots or Apples. Do not put all the juice in the dish. Pour the batter over the fruit and bake in a hot oven for 40 minutes. Serve with juice of fruit.

Make a White Sauce—Tip in a Tin of St. George Oysters.

Baked Apple Pudding.—Required: ½ tin “St. George” Apples, ½ cup sugar, 1 cup breadcrumbs, ½ cup suet, rind and juice of ½ lemon. Butter a piedish, put in a layer of “St. George” Apples, the suet, sugar, breadcrumbs, etc., until the dish is full. A few pieces of butter on top. Bake 45 minutes in the oven till a nice brown. Turn out and serve with sifted sugar.

Apricot Snow.—Make a blanc mange with 3 cups of milk, 2 tablespoons of cornflour, and the same of sugar, flavoured with sweet bay leaves. When cold turn the blanc mange into a glass dish and scoop out the centre. Fill in the hole and also the glass dish round the blanc mange with “St. George” Apricots. Whip cream with a little icing sugar to a stiff froth, and pile over the apricots and blanc mange, just leaving the fruit showing in centre.

St. George Coffee Essence is Delicious.

St. George Pudding.—Well butter a piedish, and put in a layer of breadcrumbs. Then cover with a layer of “St. George” Pie Apricots (cut side down), then more breadcrumbs, and so on, until the dish is full, making the top layer breadcrumbs. Put a little of the syrup in. Have ready a custard (1 egg to a cupful of milk), sweeten to taste, pour custard over pudding, and bake in a good oven for 20 minutes to half an hour. The pudding is also very nice if nicely boiled rice is used instead of breadcrumbs.

Apricot Cream Mould.—Required: 1 tin “St. George” Apricots, $\frac{1}{2}$ oz. gelatine, 3 eggs (whites only), 2 tablespoons sugar. Dissolve the gelatine in $\frac{1}{2}$ cup of cold water for an hour or two. Then place in jug with syrup of apricots and 2 tablespoons sugar. Place jug in saucepan of boiling water, and bring to boiling point, but do not let them boil. While heating contents of jug, beat whites of eggs to a stiff froth and cut the apricots into small pieces. When mixture in jug is at boiling point, pour it on to the whites of eggs and beat all together until cool and spongy. Then drop in apricots, and pour into mould previously rinsed with cold water. Turn out next day, and serve with whipped cream.

You'll Want More St. George Pickles.

Apricots a la Teviot.—Required: 1 tin “St. George” Apricots, 1 pint “St. George” lemon jelly, 1 pint cream, cocoanut, 2 oz. gelatine, 4 oz. sugar. Open the tin of apricots, and remove them and syrup into a basin. Stone the apricots, and dip each piece into melted jelly. Line a mould with them, and fill up the spaces with cocoanut (grated). Next melt the gelatine in a cup of syrup, add sugar, and mix all in the whipped cream. Pour into fancy-shaped moulds. If wanted in a hurry, place on ice to set. Turn out on china dishes. If liked, the moulds may be decorated with whipped cream put through the tubes. A few apricots decorated with the cream may be arranged round the moulds.

Apple Fritters.—Required: 1 egg (well beaten), $\frac{1}{2}$ breakfast-cup milk, a little salt, and 2 teacups of flour. Mix all well together, then add 2 teaspoons of baking powder. Take a breakfast-cup of “St. George” Pie Apples, mix in the batter. Simmer a tablespoonful of beef dripping or lard in frying pan, then place a little of the mixture with a tablespoon in the pan so as to make three or four fritters at a time. Serve immediately they are cooked, with sugar.

You'll Like St. George Worcester Sauce.

St. George Isles.—Required: 1 tin “St. George” Apples, sponge, 1 pint custard, red currant jelly, almonds. Open the tin of apples and remove fruit and syrup. Use

a cutter to cut the sponge into small pieces. Place pieces of apples upon these sponge islands, and soak with syrup; stick with almonds. Put a little red currant jelly on top, garnish with egg white. Place the apple isles on the centre of the dish, and pour the custard about. SPONGE RECIPE: 4 eggs, 1 breakfast-cup sugar, 1 heaped cup flour, 1 teaspoon baking powder. Beat eggs slightly before adding sugar, then beat both until thick. Add sifted flour and baking powder. Pour into a well-greased and floured oblong cake-tin. Bake in a steady oven from 10 to 20 minutes. Turn out to cool. CUSTARD: 1 pint milk, 3 eggs, 2 oz. sugar, vanilla essence. Put the milk in wet saucepan, and place on an asbestos mat on stove. Add half of sugar, and essence. Beat whites stiff with remainder of sugar. Drop a tablespoonful on the boiled milk, and when poached on one side turn and poach the other. Drain through a sieve. Strain milk, and beaten yolk, and stir again until thickish, being careful not to curdle or boil.

Try St. George Jelly Crystals.

St. George Apple Batter Pudding.—One large tin apples; turn half into an enamel piedish, and put in pretty hot oven till almost boiling. While the fruit is heating, prepare a batter of the following: 2 eggs, 3 tablespoons sugar, 1 dessertspoon butter melted in 1 tablespoon hot water, 1 tablespoon milk. Whisk the eggs and sugar for a few minutes, add milk and butter. Have 1 cup flour sifted on to a piece of paper, add $\frac{1}{2}$ teaspoon of cream of tartar, and $\frac{1}{4}$ teaspoon of baking soda well smoothed. Run into the liquid slowly, beating all the time. This will be like a thick cream. Take the boiling apples, then pour the batter over, and put back in the oven for a few minutes. (Apricots may be done the same way).

Compare the Flavour in St. George Jelly Crystals.

Apricot Trifle No. 2.—Combination of Railway Pudding and Custard. RAILWAY PUDDING: 18 oz. flour, 8 oz. sugar, 6 oz. butter or good dripping, 3 teaspoons baking powder, 2 eggs, pinch salt, 1 cup milk, essence lemon; bake in flat baking dish for 30 to 45 minutes. CUSTARD: Made from 1 quart milk, 2 eggs, 2 teaspoons

cornflour, flavouring to taste, and little sugar. Having ready the Railway Pudding (which can be made day previous), take large salad bowl, cut up pudding into dice pieces, put layer of pudding, then layer of apricots, repeating until the bowl is full, over which pour custard. This makes a very delicious dish, sufficient for 10 or 12 persons.

St. George Ground Rice is in 3 lb. Bags.

Apricot Sago.—Pour syrup off “St. George” Apricots (according to number of persons), and add sufficient sago or best cornflour to thicken into jelly when cooked. Cook over moderate fire, and when thoroughly done empty into a shallow mould. Cool and turn out on glass dish. Pile the fruit around the base of the shape with a spoonful or two of the syrup and drop well-whipped cream here and there on it.

Apricot Icebergs.—Fill a glass dish with “St. George” Pie Apricots. Take 3 eggs and 1 tablespoon of icing sugar. Make a boiled custard with yolks of eggs. Whisk whites with sugar until stiff, then drop small portions into boiling milk, turning so as to cook both sides. Place on the top of the fruit, and serve cold with the custard.

Don't Take Loose Starch—Take Lily Brand.

St. George Apricot Pie.—For the Pastry use: $\frac{1}{2}$ lb. flour, 3oz. lard or dripping, 3oz. butter, and water to mix (use a knife to mix). Flake in lard or dripping. Mix to fairly stiff dough with water. Turn out on floured board. Roll out, spread butter on in little pieces, turn each end to centre, and again roll. Repeat three times, but third time turn one end right over as if finding the half. Each time when turning pinch edges. Open tin, turn apricots into piedish, and cover with paste. When cooked, if not quite sweet enough, add a little sugar. Cook in steady oven till brown, and egg the top paste.

Take St. George Canned Parsnips when Camping.

Delicious Apricot Pudding.—Required: “St. George” Apricots, 6 sponge cakes, $\frac{1}{2}$ pint cream, 1 oz. gelatine, custard. Soak the gelatine in a little milk for an hour.

Make a custard with 4 eggs and 1 pint milk. Add gelatine. Slice the sponge cakes, place the "St. George" Apricots between the slices (if not quite soft, they will need a little cooking), place in a mould previously wet in cold water. Pour the custard over the cake, and leave till quite cold. Whip cream and serve cold. The juice makes a nice little jelly with $\frac{1}{2}$ oz. gelatine added to 1 pint of juice.

An Easy Lunch: St. George Rabbit and Bacon—1lb. and 2lb. Cans

French Apple Pudding.—Cream $\frac{1}{2}$ cup of sugar with 1 tablespoon butter; then add 1 egg, 1 small cup milk, 1 cup flour, 1 teaspoon baking powder. Pour the contents of a tin of apples into a piedish, and butter the upper part of the dish. Put on stove to get hot, then pour the mixture on top and bake in moderate oven till cooked. Will take nearly an hour. Serve with cream or boiled custard. May be eaten hot or cold.

Bread and Apple Custard.—Take some thin slices bread and butter, put in piedish; then some "St. George" Apples, also in slices, on the bread and butter; repeat alternately until the dish is full, having bread on top. Pour over a raw custard, and bake. Serve with cream and sugar.

Preserve Your Eggs with St. George Water Glass.

Apples and Sago.—Take the apples from the liquid, and place in glass dish. Put liquid in an enamel saucepan with 2 tablespoons sago; boil until the sago is quite cooked, then pour over apples in dish, and serve cold with cream.

Apricot Pyramids.—Cut a Swiss Roll into slices $\frac{1}{2}$ in. thick, and put them on a dish. Sprinkle any preferred essence over them. Spread with whipped cream, and on top of each place a "St. George" preserved apricot.

St. George Canned Saveloys—Delicious.

Apricot Custard No. 2.—Take some scraps of pastry, 1 pint of milk, 3 eggs, vanilla, "St. George" Preserved Apricots, 1oz. ratafias. Line a piedish with any pieces of nice pastry. Make a custard by beating up the eggs, adding the milk, sugar, and flavouring. Pour into the

dish, and let cook very slowly. When beginning to set, stir in carefully some preserved apricots cut in small pieces. Then finish baking till the custard is quite done. Put aside till cool, then grate the ratafias thickly over the top and sprinkle these over with hundreds and thousands.

St. George Irish Sausages in 1 lb. Tins.

Apple Sponge Pudding.—A cheap pudding. Required: 1lb. flour, 6oz. sugar, 6oz. butter, 1 teaspoon soda, 1 large cup milk, 1 saltspoon salt, 2 cups preserved apples. Mix the salt with the flour; dissolve the soda in the milk; beat the sugar and butter to a cream, then add the milk; mix well, then stir in the flour. Grease a pudding basin, pour in a little of the mixture, then a layer of the apples drained from the syrup, then another layer of mixture, and so on, till the basin is full. Place a buttered paper over, and steam for $2\frac{1}{2}$ hours. **Sauce:** Measure the syrup, and for each cupful add $\frac{1}{2}$ teaspoon of cornflour; flavour with a few drops lemon juice. Boil for 3 minutes, and pour round about the pudding.

Campers, Give Yourselves a Treat. St. George Steak and Oyster Pie, in 1 lb. Tins.

Apricot Tart.—**PASTE:** 4oz. flour, 4oz. butter, 2oz. cornflour, $\frac{1}{2}$ oz. Paisley flour, $\frac{1}{2}$ oz. sugar, 1 yolk of egg, 1 small cup milk. **FILLING:** $\frac{1}{2}$ tin apricots, $2\frac{1}{2}$ oz. sugar, 2 whites of eggs. Measure out the ingredients. Mix together the flours, rub the butter in lightly, add $\frac{1}{2}$ oz. sugar. Beat yolk of egg and milk together, and stir into the dry ingredients; make into stiff paste, and roll out. Butter the centre of a plate or side dish, and wet the edges. Line the dish with the paste, and crimp round the edges. Brush over with egg, and jag with a fork. Put into hot oven and bake for half an hour. When baked, fill with preserved apricots, and sprinkle 1 tablespoon of sugar over. Beat up the whites of two eggs to a stiff froth, stir in the remainder of the sugar, and spread over the fruit. Place in the oven for about 5 minutes.

Baked Fruit Pudding.—Either apples or apricots may be used for this pudding. Warm the fruit and mix with breadcrumbs; pour boiling milk over it, cool, and add beaten yolks. Bake from 30 to 45 minutes. Whip

whites with sugar and flavouring, and spread over top. Put back in oven to set. Quantities: 1 cup stale bread-crumbs, 2 or 3 eggs, 3 teacups milk, apricots or apples, sugar to sweeten (if required).

St. George Camp Pie; Served Cold, or Slice and Fry.

Apricot Baskets.—Required: $\frac{1}{2}$ tin “St. George” Apricots, $\frac{1}{2}$ lb. puff pastry, $\frac{1}{2}$ cup cream, little sugar. Make some puff paste with $\frac{1}{2}$ lb. butter and $\frac{1}{2}$ lb. flour. Roll out about $\frac{1}{2}$ in. thick. Shape into baskets by placing a small cocoa-tin lid on each piece of pastry; cut a little larger than the tin to allow for the sides of the basket. Press round tin into shape, slip out lid, and slip in half-apricot in each piece, and shape round the fruit. Twist some short pieces of pastry for handles; wet each end, and fasten to sides of basket. Bake in moderate oven for 15 minutes. While baking, beat up cream until stiff with $\frac{1}{2}$ teaspoon castor sugar and 3 drops essence lemon. When baskets are cooked, sift a little castor sugar over each, and when cold put a teaspoonful of whipped cream on top of each. Finish by sprinkling a few hundreds and thousands on each. Arrange in glass dish amongst layers of dessicated cocoanut. If preferred, a meringue made of two whites of eggs can be used instead of the cream, and baked for 3 minutes.

Apricot Pie.—Turn the apricots into a piedish; cover with puff paste made by 1lb. flour, 1lb. butter, a few drops of lemon juice, egg, and water. Serve with whipped cream.

St. George Pig's Head in Jelly, 2 lb. Tins.

Apricot Cream Mould.—Drain the juice from the apricots, add equal quantity of water; make a syrup by boiling with this $\frac{1}{2}$ lb. lump sugar. Simmer the apricots 10 minutes. Dissolve a packet of gelatine in a quart of boiling cream, slightly sweetened. When at the point of setting, put a teacup of the cream into a mould, then a layer of apricots. Fill the mould with alternate layers of cream and fruit. Let stand some hours to set, then turn out into a dish and pour round it the syrup of the apricots.

St. George Apricot Jelly.—Turn 1 tin “St. George” Pie Apricots into dish; take out half the quantity of fruit and put in a deep fruit bowl without any juice. Take 1 packet of “St. George” Apricot Jelly Crystals; make in usual way, and pour over fruit in dish. When this sets garnish with whipped cream.

If You Take Your Lunch, Buy St. George Sandwich Pastes.

Apricot Meringue.—Put the remainder of fruit, etc., in a piedish. Beat up the whites of 3 eggs to a stiff froth, and spread over the fruit. Bake in moderate oven till slightly brown. Eaten hot or cold. With yolks of eggs make boiled custard.

Brown's Pudding.—Required: $\frac{1}{2}$ cup cornflour, $\frac{1}{2}$ cup flour, 3 level teaspoons butter, 1 small teaspoon soda, 2 small teaspoons cream of tartar, 1 tablespoon sugar, yolk of 1 egg, and $\frac{1}{2}$ cup of milk. Knead all together, spread on buttered plate; roll up about an inch all round, and crimp. Bake in hot oven. When cool, fill with “St. George” Pie Apricots. Beat the whole of the egg with 2 tablespoons fine sugar; pour over fruit. Return to oven until slightly brown.

At Least Once a Year Buy St. George Haggis, 1 lb. Tins.

Irvison Sponge.—Required: 2 rounds of light sponge, 1 tin “St. George” Apricots, 1 white of egg. Strain apricots from the syrup, stone, and beat them up fine. Divide mixture; put half between the layers of sponge. Add well-beaten white to remaining half, and pile on top. Put into cool oven to set. Served with whipped cream, this makes a delicious luncheon dish. To the syrup add 1 oz. gelatine (previously dissolved in cold water, and gradually heated). Put in wet mould to set.

Apricots and Rice.—Take $\frac{1}{2}$ tin “St. George” Apricots, and beat to pulp; add equal quantity of cold boiled rice, and beat both together; add yolks of 2 eggs and $\frac{3}{4}$ cup of milk. Mix all together and put in piedish, and bake till set. Beat the whites of the eggs to a stiff froth, and heat on top. Put back in oven for few minutes. Serve with cream or custard.

Lily Starch, in All Colours.

List of St. George Manufactures.

St. George Jams, 1lb. 2lb. 6lb.
7lb. tins, and 2lb. jars.
St. George Jellies.
St. George Marmalade.
St. George Canned Fruits, 2lb.,
half-gallon, one-gallon.
St. George Fruits in Jars.
St. George Candied Peel.
St. George Pickles.
St. George Jelly Crystals.
St. George Tomato Sauce.
St. George Tomato Chutney.
St. George Worcester Sauce.
St. George Mint Sauce.
St. George Soy.
St. George Salad Oil.
St. George Peppers.
St. George Icing Sugar.
St. George Ground Rice.
St. George Curry Powder.
St. George Coffee.
St. George Dried Herbs.
St. George Mixed Spice.
St. George Canned Carrots.
Parsnips, etc.
St. George Ham and Chicken
Paste, 4 oz. tins.
St. George Ham and Chicken
Paste, etc., jars.
St. George 2 oz. Jars Ex-ox
(Extract of Meat)
St. George Canned Sausages.
St. George Canned Camp Pie.
St. George Canned Bacon and
Eggs.
St. George Canned Tripe.
St. George Canned Kidneys.
St. George Dried Apples.

St. George Canned Ox Tail.
St. George Canned Haggis.
Etc., etc. Large Assortment
of Fancy Meats.
St. George Canned Corned and
Boiled Beef, 1 lb., 1½ lb., 2 lb.,
and 6 lb.
St. George Canned Corned and
Boiled Mutton, 1 lb., 1½ lb.,
2 lb., and 6 lb.
St. George Canned Rabbit; also
Rabbit and Bacon, 1 lb. and
2 lb.
St. George Canned Soups—
Tomato, Oyster, etc.
St. George Canned Sheep Tongues,
½ lb., 1 lb., and 2 lb.
St. George Canned Ox Tongues.
St. George Canned Egg Preser-
vative.
St. George Glass Jars Veal and
Ham, Sheep Tongues, etc.
St. George Canned Lard, 2 lb.
tins.
St. George Bacon.
St. George Canned Whitebait.
St. George Canned Oysters.
St. George Canned Lobsters.
St. George Canned Plum Pud-
dings.
Stevenson's Coffee Essence.
Millenium Washing Powder.
Soda Crystals.
Lily Starch.
Calf Meal.
Oyster Grit.
Tallow, etc.
Tin Canisters (all sizes)

RECIPES USING JAM

For Absolutely the Finest Canned Article Made in New Zealand or Anywhere Else in the World, We Give the Palm to St. George Whitebait.

Raspberry Crumb Custard Pudding.—Required: 1 pint breadcrumbs, 3 eggs, 1 cup sugar, 1 pint milk, piece of butter size of egg. Put a layer of breadcrumbs into a piedish, then a layer of "St. George" Raspberry Jam, and so on until full; finish with crumbs, then pour the custard on top. Bake half an hour.

High Church Pudding.—Required: 3 tablespoons flour, 2 tablespoons butter, 2 tablespoons sugar, $\frac{1}{2}$ teaspoon baking soda, 3 tablespoons "St. George" Jam, milk to mix. Cream butter and sugar, add "St. George" Jam, then flour and soda dissolved in a little warm milk. Steam in buttered mould 2 hours.

Just as well to have St. George Salad Oil.

Roly Poly Pudding.—Required: $\frac{1}{2}$ lb. flour, 3oz. or 4oz. suet, pinch of salt, 1 teaspoon baking powder, 1 dessert-spoon sugar, water to mix. Roll out and spread thickly with Nectarine Jam. Fold up and tie in a well-scalded and floured pudding cloth. Boil briskly for two hours.

Boiled Jam Roll.—Required: Suet pastry, "St. George" Jam. Roll the pastry rather thinly into an oval shape; spread jam over it, leaving a margin round the edges. Wet the edges; roll up. Scald and flour a pudding cloth, and roll the pudding into it; tie the ends firmly with string, leaving room for the pudding to swell. Boil for $1\frac{1}{2}$ hours.

No One Else Can Make Marmalade Like St. George.

Cornflour Tart.—Mix $\frac{1}{4}$ lb. cornflour with $\frac{1}{4}$ lb. flour; add small teaspoon baking powder, 1 tablespoon sugar; rub in 3oz. butter. Beat up yolk of 1 egg with a little milk, and mix with dry ingredients; knead into a light dough, fit on a greased plate, bake in a moderate oven until a light brown colour. Fill with “St. George” Jam, whip white of egg with sugar and spread on top; return to oven for 5 minutes.

St. George Red Cufrant Jelly—It is Nice; 1 lb. Tins.

Jam Cornflour Mould.—Required: 1 pint milk, 2oz. sugar, 2oz. cornflour, any flavouring, 2 tablespoons “St. George” Jam. Bring milk to boil, and then stir in cornflour, which has been mixed with a little cold water or milk. Boil for 5 or 6 minutes, stirring well; add flavouring; cool a little, and rinse a mould in cold water; pour in half the mixture, then the jam, and then the other half of the mixture. Let it cool and firm; turn out and serve with more jam placed round.

Surprise Pudding.—Required: 1 pint milk, 1 tablespoon “St. George” Jam, sponge cake and flavouring. 2 eggs, 1oz. sugar, $\frac{1}{2}$ oz. gelatine. Dissolve gelatine in a little of the milk; make a custard with the rest of the milk and eggs. When the custard thickens, add the dissolved gelatine, sugar, and flavouring. Slice sponge cake, and spread with “St. George” Jam, and join together. Pour some of the custard into a mould, put in the cake, and fill up with custard. Serve cold.

St. George Pickles—Oh, They are Nice.

Golden Pudding (Steamed).—Required: 3oz. butter or dripping, 1 cup milk, 3 tablespoons sugar, 1 teaspoon soda, 1 egg, 2 level cups flour, $\frac{1}{2}$ teaspoon essence of lemon, 3 tablespoons “St. George” Plum or Peach Jam. Beat the butter and sugar to a cream, add the egg, and beat again; add milk, soda, flour, and jam. Half fill a greased mould, and steam 2 hours. Serve with a sweet white sauce.

Steamed Jam Pudding.—Required: The weight of 1 egg in butter and sugar, 2 eggs, the weight of 2 eggs in flour, 1 teaspoon baking powder, a little essence vanilla, $\frac{1}{2}$ cup “St. George” Apricot Jam. Beat butter and sugar to a cream, add eggs and essence, then add flour and baking powder. Butter a tin and put the jam into it, then put pudding mixture in. Steam 1 hour.

Order St. George Canned Tomatoes if You Want the Best.

Steamed Marmalade Pudding.—Required: 2 eggs, 1 heaped tablespoon Marmalade (“St. George”), weight of 2 eggs in flour, butter, and sugar, 1 small teaspoon soda. Cream butter and sugar, add beaten yolks, then marmalade, then whites of eggs beaten stiff, and lastly the flour with the soda well mixed in. Steam in buttered mould for $1\frac{1}{2}$ hours.

Marmalade Pudding (Boiled).—Required: 2 eggs, $\frac{1}{4}$ lb. sugar, $\frac{1}{4}$ lb. breadcrumbs, $\frac{1}{4}$ lb. “St. George” Marmalade, a little milk. Put the breadcrumbs into a basin, and add to them the suet (finely chopped), the marmalade and the sugar; stir these ingredients well together, then add the eggs, which should be previously well beaten. Add sufficient milk to mix the pudding well, and boil for two hours in a buttered basin or mould.

Keep a Tin in the Cupboard—St. George Sheep Tongues.

Boiled Jam Pudding.—Required: $\frac{1}{2}$ lb. flour, “St. George” Jam, $\frac{1}{4}$ lb. suet (scraped finely), 1 teaspoon baking powder, pinch salt. Mix flour, suet, and baking powder together, moisten to a light doughy consistency with water. Put a thin layer of the dough in a pudding basin, then spread thickly with “St. George” Jam; repeat until the basin is nearly full, the last layer to be dough. Tie buttered paper on top, and steam for $2\frac{1}{2}$ to 3 hours. Serve with sweet sauce, into which a large tablespoon of “St. George” Jam has been mixed.

Baked Jam Roll (Economical).—Required: 1 level teacup shredded fat, dripping or butter, 3 teacups flour, 1 tablespoon sugar, water to mix. Roll out, and spread

with "St. George" Gooseberry Jam. Roll up and fasten the ends. Brush beaten egg over, and bake for 45 minutes.

St. George Canned Pears are Selected.

Marmalade Pudding (Baked)—Required: 3oz butter, 4 eggs, 3oz white sugar, 1 tablespoon flour, 3 tablespoons "St. George" Marmalade, pastry, almonds. Beat the butter to a cream, add the sugar, flour, and marmalade, and lastly the eggs (well beaten). Beat all together for 10 minutes, line a dish with pastry, pour in the mixture, and bake in a moderate oven for an hour. Stick the pudding with almonds, and serve with Custard Sauce.

Marmalade Pudding.—Required: 2 tablespoons butter or dripping, 3 tablespoons soft sugar, 1 cup milk, 2 level cups flour, 1 teaspoon soda, $\frac{1}{2}$ teaspoon essence vanilla, 1 egg, 2 tablespoons marmalade jam. Beat the butter and sugar to a cream; add egg, and beat again; add milk, soda, flour, essence vanilla, and marmalade. Half fill a greased mould, and steam 2 hours. Serve with Marmalade Sauce. **MARMALADE SAUCE**: 3 tablespoons marmalade, $1\frac{1}{2}$ cups water, 1 dessertspoon cornflour. Put jam and water in pan, place on the fire, thicken with the cornflour moistened, boil for a few minutes, and pour sauce round pudding.

What Lovely Marmalade! St. George, of course.

Heart's Delight Pudding.—Required: 1lb. flour, $\frac{1}{2}$ lb. suet, 2oz. sugar, 2 teaspoons carbonate of soda. Mix all well together, then add 1 teacup of "St. George" Raspberry Jam and enough milk to make fairly moist. Grease basin and sprinkle inside with white sugar. Fill basin only 3 parts full. Steam for 3 hours. Serve with Pudding Sauce.

Peach Jam Pudding.—Required: 1 cup suet, 2 cups flour, 2 teaspoons baking powder, "St. George" Jam (peach for preference). Mix all dry ingredients with water to a stiff dough, which divide into three. Place alternately in a greased basin a layer of dough, then jam. Steam for 3 hours. Serve with a Jam Sauce.

Try St. George Jelly Crystals—Fruity Flavours.

Kate's Pudding.—Required: 2 eggs, 1 tablespoon butter, 2 tablespoons sugar, 3 tablespoons flour, 2 tablespoons “St. George” Raspberry Jam, 2 teaspoons carbonate of soda dissolved in a little warm milk. Cream butter and sugar; add eggs and jam, and then soda. Steam in a buttered mould 2 hours, and serve with a sweet sauce.

The Real Thing is St. George Tomato Sauce.

St. George Pudding.—Required: 6 stale sponge cakes, 3 breakfast-cups milk, 3 eggs, 1 tablespoon cornflour, 1 tablespoon sugar, $\frac{1}{2}$ teaspoon essence of ratafia, “St. George” Raspberry Jam. Cut the sponge cakes in half, and spread liberally with “St. George” Raspberry Jam, and place in a glass dish. Bring the milk to a boil; mix the cornflour to a smooth paste with a tablespoon milk; separate the whites of the eggs, and beat the yolks up with the cornflour, and pour into the boiling milk. Stir very quickly, and boil 3 minutes. Sweeten and flavour. Pour the hot custard gently over the sponge cakes, and put the dish in a cool place. When the pudding is cold, beat the whites of the eggs very stiff; stir in a teaspoon of sugar, and pile in little moulds over the top of the pudding, and between each place a teaspoon of the Raspberry Jam.

Hornby Pudding.—Required: $\frac{1}{4}$ lb. flour, $\frac{1}{4}$ lb. bread-crumbs, 3oz suet, $\frac{1}{2}$ teaspoon baking powder, water, pinch salt. Shred and chop finely the suet, mix well with the flour and bread-crumbs, add baking powder and salt, and mix with water to make a light dough. Roll out on a floured board. Line the pudding basin with the pastry rolled thin; then spread a thick layer of “St. George” Plum Jam and then a thin layer of pastry; and repeat until the basin is full. Put a layer of pastry on the top, pinch the edges, tie a floured pudding cloth over the top, and boil for 2 hours.

St. George Sardines are imported—Bought by Experts.

Betsy Pudding.—Required: 1 pint milk, 3 oz. bread-crumbs, 1 egg, 1oz. sugar, a little grated nutmeg, 2 tablespoons “St. George” Jam. Spread the “St. George” Jam at the bottom of the piedish. Boil the milk and pour

over the crumbs in a basin, and allow to stand for a few minutes. Beat the egg with the sugar, and when the milk has cooled a little mix the two together. Pour this mixture into the dish over the "St. George" Jam; grate the nutmeg over the top, and bake in a moderate oven for about half an hour.

You Can Get St. George Plum Puddings in Tins.

Cocoanut and Orange Pudding.—Required: $\frac{1}{2}$ pint milk, $\frac{1}{2}$ pint breadcrumbs, 3 oz. desiccated cocoanut, 2 eggs, 1 orange, "St. George" Raspberry Jam. Heat the milk with the thinly-pared rind of the orange, then strain it over the breadcrumbs; add the cocoanut, the strained juice of the orange, and the beaten yolks of the eggs; put a layer of "St. George" Raspberry Jam at the bottom of the piedish, pour in the mixture, and bake in a moderate oven for half an hour. Whisk the whites of the eggs to a very stiff froth, place it in heaps on top of the pudding, and put it back in the oven for a few minutes to set.

Helena Pudding.—Boil 1 pint of milk; put 4oz breadcrumbs and 2 oz. sugar in a basin, pour boiling milk over them, and a beaten yolk of 1 egg, 1 oz. candied peel (chopped small), and a large lump of butter; stir and pour into a buttered piedish, spread 4 tablespoons "St. George" Jam over the top, and then the white of an egg whisked to a froth; bake for half an hour. This can be served hot or cold.

St. George Sage and Thyme, in Tins.

Batter Pudding.—Required: 1 egg, 1 cup flour, 1 teaspoon baking powder, milk to make into thin batter, "St. George" Jam (any kind). Break the egg into the flour, and add the milk. Put into a well-greased piedish, and bake 20 minutes. To be eaten with any kind of St. George Jam.

Raspberry Jam Pudding.—Required: $\frac{1}{4}$ lb. butter, $\frac{1}{2}$ cup sugar, 2 eggs, 1 breakfast-cup flour, 1 teaspoon baking powder, 2 tablespoons "St. George" Raspberry Jam. Beat butter and sugar to a cream, add eggs (well beaten), then the flour, baking powder, and jam. Put into a buttered basin, and steam $2\frac{1}{2}$ hours.

Tart for an Invalid.—Spread a good layer of “St. George” Apricot Jam in the bottom of a small piedish; slice a penny sponge cake and cover the top. Make a small custard with the yolk of an egg and 1 teaspoon sugar stirred into $\frac{1}{2}$ cup boiling milk; when it thickens pour over the sponge cake. Beat the white of an egg on a plate with a knife until quite stiff; sweeten and spread over the tart. Place in the oven to get firm. serve hot or cold.

Handy in the Cupboard—St. George Canned Apricots.

Fairy Pudding.—Required: 1 oz. packet gelatine, 1 breakfast-cup water, 3 breakfast-cups milk, 1 tablespoon sugar, few drops essence of lemon, 3 eggs, $\frac{1}{2}$ lb. “St. George” Apricot Jam, $\frac{3}{4}$ pint cream. Soak the gelatine in the cold water for an hour; bring the milk to the boil, and put in the gelatine. Separate the yolks and the whites of the eggs; beat the yolks, and add to the milk; sweeten and flavour. Let all boil for 3 or 4 minutes, until it all appears curdled. Take off the fire, and stir in the whites of the eggs, having previously beaten them very stiff. The mixture will be light and fluffy. Let it stand until cool enough to pour into a glass dish. Put away in a cool place to set. Next day spread the jam in a thick layer over the pudding, and pile stiffly whipped cream on top.

St. George Black Currant Jam will Cure a Cold.

Queen of Puddings.—Required: 1 cup sugar, yolks of 3 eggs (well beaten), 1 pint milk, 1 pint breadcrumbs, 2oz. butter. Put breadcrumbs into a dish; cover with beaten eggs, sugar, and milk. Bake about half an hour. When cooked, cover with jam (“St. George”) and with the beaten whites of the eggs.

Marguerite Pudding.—Required: 1 tablespoon butter, 1 tablespoon sugar, 1 egg, 1 cup flour, 1 teaspoon E. baking powder, 2 tablespoons milk. Butter a basin and put some jam in (about 3 tablespoons), then put in the mixture. Steam $1\frac{1}{2}$ hours.

Stevenson’s Coffee Essence—Made in a Minute.

Bread Pudding.—Put in a pudding basin alternate layers of jam and bread, till nearly full. Pour over the whole a custard flavoured and sweetened. Tie it down carefully, and steam for about an hour.

St. George Jelly Crystals are Delicious to Taste.

Spoon Pudding.—Required: 1 tablespoon sugar, 1 tablespoon butter or dripping, 4 tablespoons flour, 3 tablespoons “St. George” Apricot Jam, 1 teaspoon Edmond’s Baking Powder, 1 egg, sufficient milk to mix to a stiff batter. Butter a basin, put the jam in bottom. place batter on top; cover with a greased paper, and steam for 1 hour.

Madeira Pudding.—Line a tin pate with pastry made of 3 oz. butter and 6 oz. flour; spread raspberry or strawberry jam on pastry. Mix $\frac{1}{4}$ lb. butter, $\frac{1}{4}$ lb. sugar, 1 teaspoon baking powder, $\frac{1}{2}$ lb. flour, 3 eggs, rind of 1 lemon. Pile the cake mixture on top, and decorate with strips and leaves of pastry. Bake in brisk oven.

Insist on Lily Starch—Don’t Buy Loose Starch.

Cabinet Pudding.—Required: Some slices of stale bread (buttered), 2 tablespoons sugar, $\frac{1}{4}$ lb. sultanas, 1 piece peel, grating of nutmeg, 1 pint milk, 2 eggs, Butter a piedish; cut some of the bread into strips and put all round the dish; fill up the piedish with scraps of bread, raisins, peel, etc. Beat yolks, sugar, and milk together; pour over the bread, and bake a light brown. When cooked, spread raspberry jam on top. Beat whites stiff, add $\frac{1}{2}$ cup sugar, and pile on top. Return to oven, and cook until crisp. Stale buns may be used instead of bread if preferred.

Apricot Jam Pudding.—Required: 2 tablespoons butter, 2 tablespoons sugar, 2 eggs, 2 tablespoons milk, 2 teacups flour, 2 tablespoons apricot jam, 1 good teaspoon cream of tartar, 1 level teaspoon carbonate of soda. Beat butter and sugar to a cream; add beaten eggs and milk; sift in flour, cream of tartar, and soda; lastly the jam. Put into a greased basin covered with buttered paper, and steam for 2 hours.

St. George Brand Salad Oil is the Best.

Queen X Pudding.—Required: 4 eggs, $\frac{1}{2}$ pint bread-crums, milk (boiling), $\frac{1}{2}$ oz. butter, grated rind of 1 lemon, sugar to taste. Sweeten the milk, pour it boiling on the breadrcums, add the lemon rind and butter; let it cool, then add the beaten yolks of the eggs. Butter a piedish; put in the mixture. Bake in a slow oven till set, but not brown. Then spread over it a layer of apricot jam. Beat the whites of the eggs to a firm froth; mix one teaspoonful of sugar and a few drops of lemon essence with them. Pile them on the pudding, sift over a little sugar, and put it in a very moderate oven till set or slightly coloured. Serve either hot or cold. To be successful with meringue tops for puddings, beat the whites stiff and cook in a slow oven about half an hour. The top is then dry, and will not sink down.

St. George Canned Beetroot is Always Ready.

Thornton Pudding.—Required: 2 eggs, their weight in flour, weight of 1 egg in sugar and butter, “St. George” Raspberry or Strawbery Jam, $\frac{1}{2}$ teaspoon carbonate soda dissolved in a little lukewarm milk. Cream the butter and sugar, add the eggs (well beaten), flour, and jam, then the soda. Steam in buttered cups or moulds for 45 minutes. Only half fill the cups. Serve with a good sauce.

Cold Raspberry Shape.—Make a blanc mange with water instead of milk, then stir in a pot of “St. George” Raspberry Jam and a little sugar; beat well, pile in a glass dish, and eat with whipped cream. Only raspberry jam can be used for this shape, and “St. George” is the best, as its colour is good.

St. George Canned Apricots are the Best in the World.

Snowballs.—Dissolve an ounce of gelatine in a pint of milk. Add another $\frac{1}{2}$ pint, and boil in it a teacup of sago and $\frac{1}{4}$ lb. loaf sugar. Let all boil together for 20 minutes. Pour the mixture into 6 round small teacups, which have been well soaked in cold water, and leave until the next day. Turn out into a glass dish, and garnish with “St. George” Jam, whichever of the many varieties is preferred.

Jam Tart.—Required: $\frac{1}{2}$ lb. flour, $\frac{1}{4}$ lb. butter, 1 tablespoon sugar, yolk of 1 egg, $\frac{1}{2}$ teaspoon baking powder, water to mix, “St. George” Jam. Rub the butter into the flour, add the baking powder; beat the yoke of egg with the sugar, add water, and mix. Roll out and fit on buttered plate. Crimp round the edges, and bake in a moderate oven till a nice brown, then cover with jam. To bake about 10 minutes.

Lily Starch Makes Clothes Like Snow.

Queen Pudding (Jam).—Required: 3 eggs, 3 breakfast-cups milk, 2 breakfast-cups crumbs of stale bread, 3 tablespoons sugar, 2 tablespoons “St. George” Peach Jam. Put the pieces of crumbs of bread in a basin; boil the milk and pour hot over the crumbs; when soaked, beat with the yolks of eggs and a little sugar. Beat well together, and pour into a piedish. Bake in a moderate oven for half an hour, till firm. Spread “St. George” Peach Jam well over the top. Whip the whites of the eggs very stiff; stir in 3 tablespoons of very fine sugar, and spread roughly over the jam. Return to a cool oven until the meringue has set and turned a pale brown.

St. George Pickles Please any Palate.

Eggless Sponge Pudding with “St. George” Jam.—Required: 6 tablespoons flour, 3 tablespoons any kind “St. George” Jam, 2 tablespoons butter, 2 tablespoons sugar, 1 teaspoon soda, 1 small cup milk. Melt butter, beat in sugar, jam and flour, last milk in which soda has been dissolved. Butter basin, and put in mixture; tie buttered paper over the top, and steam for two hours. Turn out on a hot dish, and serve with the following:—
“ST. GEORGE” JAM SAUCE—3 tablespoons jam (same as in pudding), 1 cup water, 1 small dessert-spoon cornflour. Put jam and water in pan, place on fire, thicken with moistened cornflour; boil for a few minutes, and pour round pudding.

St. George Canned Rabbit and Bacon for Lunch.

Dragonne Pudding.—Required: 1 pint milk, 4 eggs, 1oz. butter, 2oz. sugar, 4oz. cocoanut, 2oz. cake or bread-crumbs, “St. George” Apricot Jam. Soak the cocoanut in the milk; cream butter and sugar, and add the 4 beaten yolks, then the cake or breadcrumbs to the milk, and mix lightly together. Now line a piedish with good puff pastry, and pour mixture in. Bake in a moderate oven 20 or 30 minutes. Remove; let it cool a little, and then spread the top with “St. George” Apricot Jam. Beat the whites of the eggs with a tablespoon of sugar till stiff, pour over pudding, and brown lightly. This is delicious cold for a summer sweet.

St. George 1 lb. Cans Liver and Bacon; Warm up for Tea.

Sponge Pudding.—Required: 2oz. butter, 1 teacup milk, 3 teacups flour, 2 eggs, 1 cup sugar, 1 heaped tea-spoon baking powder, 3 tablespoons “St. George” Jam (apricot or raspberry for preference). Melt the butter slightly, add sugar, beat well; drop in the eggs, beat well; stir in the milk. Mix the baking powder with the flour before putting it into the mixture, and beat the whole together for five minutes. Spread the jam in a thick layer in the bottom of a piedish, and pour the sponge mixture over the jam, leaving room in the dish for the sponge to rise. Bake 45 minutes in a moderate oven.

Fairy Cream.—Required: 2 whites of eggs beaten stiff, 1 tablespoon icing sugar, 2 tablespoons “St. George” Red Currant Jelly. Beat all very lightly, and fill cake centres.

Support New Zealand—It Supports You. Look for St. George Brand on Canned Goods.

CAKES

Raspberry Cakes.—Required: 2oz butter, 3oz ground rice, 2 oz sugar, 3 oz flour, 1 egg, 1 teaspoon baking powder, “St. George” Raspberry Jam. Cream butter and sugar, add egg (reserving a little of the white); work in ground rice, flour, and baking powder; divide into little balls; make a hole in the centre with thumb, in which put 1 teaspoon jam; close up hole; dip each in white of an egg and sugar. Bake in a quick oven. They should crack and show the jam.

Lily Starch Makes Clothes Like New.

Jellicoe Cakes.—Required: $\frac{1}{4}$ lb. butter, 1 teacup sugar, $\frac{1}{2}$ teaspoon baking powder, 3 eggs, $\frac{1}{2}$ teacup milk, 1 teaspoon essence of almonds, 2 heaped teacups flour. Beat butter with sugar, add yolks of eggs, flour, milk, and essence of almonds; beat in the whites last, add baking powder. Bake in small fancy tins in a moderate oven. When cooked, remove a small piece from the centre of each cake and fill with Fairy Cream (see page 28).

Meringues.—Beat the whites of 5 eggs to a stiff froth; when it stands alone mix in lightly $\frac{1}{2}$ lb. soft powdered sugar. Drop with tablespoon on sheets of writing paper in egg shape. Place in a cool oven to dry, or until a light brown, if preferred. Lift them carefully off the paper with a knife dipped in hot water. Scrape any damp out of the centre and dry again in the oven. These can be kept in air-tight tins and filled with “St. George” Raspberry Jam when required, two fastened together.

Try St. George Canned Sheep Tongues.

Orange Cakes.—Required: 4oz flour, 2oz butter, 2oz sugar, 2 eggs, 2 teaspoons “St. George” Marmalade, $\frac{1}{2}$ teaspoon baking powder, 1 teaspoon grated orange rind, $\frac{1}{2}$ teaspoon powdered cinnamon. Cream butter and sugar, add beaten eggs, the marmalade, and dry ingredients. Fill greased patty tins with the mixture, and bake in a moderately hot oven for about 20 minutes.

Butterfly Cakes.—Required: 1 tablespoon butter, $\frac{1}{2}$ teaspoon sugar, 1 egg, $\frac{3}{4}$ cup flour, 1 small teaspoon cream of tartar, $\frac{1}{2}$ teaspoon carbonate of soda, a little milk to mix. Put into patty tins, and, when cooked and cold, cut small round out of top. Fill the cavity with raspberry jam and whipped cream; then place the little piece cut in half on top like wings, and dust with icing sugar.

Campers: See the List of St. George Goods .

Raspberry Astonishers.—Required: $\frac{1}{4}$ lb. butter, 2oz. sugar, 2 cups flour, 2 teaspoons Edmond's baking powder, 2 eggs, pinch salt, "St. George" Raspberry Jam. Cream butter and sugar; add eggs, flour, and baking powder; make into a stiff paste. Place a little on a cold tray. Place a little jam on each, and bake in a quick oven.

Bakewell Tarts.—Make short crust and line patty tins. Put a little jam in each pan, and then put a teaspoon of the following mixture into each tart:—1 egg, its weight in sugar, butter and flour, 1 level teaspoon baking powder, essence lemon. Cream butter and sugar; beat egg and then add flour, baking powder, and essence. Cook for 15 to 20 minutes.

St. George Canned Apricots are the Best in the World.

Jam Puffs.—Required: $\frac{1}{2}$ lb. flour, 7oz. butter, $\frac{1}{2}$ teaspoon baking powder, water to mix. Place the flour on a pastry board with the butter; chop the butter quite fine; put in a basin, and add baking powder and enough water to make rather a soft dough. Roll out three times; cut into rounds with a cutter; put a little "St. George" Jam on each; wet the edges, fold over, press the edges firmly together, and bake in a moderate oven about 15 minutes.

Raspberry Sandwich.—Beat to a cream 4 oz. butter and 6oz. sugar; add 3 well beaten eggs, $\frac{1}{4}$ cup milk (in which dissolve $\frac{1}{2}$ teaspoon carbonate of soda; lastly add 1 large cup flour and 1 teaspoon cream of tartar. Colour with cochineal and add raspberry flavouring. Bake in two flat tins, and put "St. George" Raspberry Jam between.

Get St. George Brand Curry Powder.

Raspberry Cookies.—Required: 2½ oz. butter, 3 oz. soft sugar, 1 egg, ½ cup milk, 1½ cups flour, 1 teaspoon soda, 2 teaspoons cream of tartar, ½ teaspoon essence raspberry, “St. George” Raspberry Jam. Beat butter and sugar to a cream; break in the egg, and beat; add milk and soda, then flour and cream of tartar and essence. Half fill greased patty tins with the mixture, put a teaspoon of “St. George” Raspberry Jam on each, and bake in a quick oven about 10 minutes.

Afternoon Tea Cakes. Required: 1 breakfast-cup flour, 2 heaped dessert-spoons sugar, 3 oz. butter, 1 egg, well beaten, 1 teaspoon baking powder, milk, “St. George” Raspberry Jam. Rub butter into flour, then add sugar and baking powder; mix well: add eggs and sufficient milk to make a light dough. Roll and cut into rounds; place a little “St. George” Raspberry Jam on each; wet the edges, and press them together. Put on cold greased oven shelf; bake about 10 minutes.

Lily Starch Makes the Clothes Like Snow.

Apricot Tarts.—Required: 6oz. flour, 3oz. sugar, 2 whites of eggs, 4oz. butter, 3oz. almonds, “St. George” Apricot Jam. Mix the flour, butter, and sugar together on the pastry board until the mixture looks like crumbs; moisten with about 2 tablespoons water; knead a little, and roll out once or twice till about $\frac{1}{4}$ -inch thick. Line patty tins; prick the bottom pastry, and lay a piece of bread in centre of each to keep shape. Bake in good oven. Whip whites of eggs with the almonds (blanched and brown in the oven, and chopped fine) and 2 oz. sugar. Take out the bread from the patty cases, put in a little apricot jam, and then cover with the whites. Bake again until coloured.

Kisses.—Required: 2 eggs, their weight in flour, cornflour, sugar, and butter, 1 teaspoon baking powder, essence lemon, a little salt. Cream butter and sugar; add eggs (beaten) and flavouring; mix baking powder, flour, and cornflour, and add to mixture; mix until quite light. Drop in teaspoon lots on hot tray, and bake in quick oven. When cold, fasten together with raspberry or any other “St. George” Jam.

Raspberry Delights.—Required: $\frac{1}{4}$ lb. sugar, $\frac{1}{4}$ lb. butter, 1 egg, 1 teacup flour, 1 dessertspoon custard powder, 1 teaspoon baking powder, “St. George” Raspberry Jam. Cream butter and sugar together; add the egg; mix the flour, baking powder, and custard powder together, and add by degrees to mixture. Place in greased patty tins on a cold oven tray, and bake 10 minutes. When nearly baked place a teaspoon “St. George” Raspberry Jam on each, and then bake a little longer.

St. George Jams Have the Fresh Fruity Flavours.

Peep-Bos.—Cream 4oz. butter and 4oz. sugar; add 2 eggs, reserving the white of one. Work into this 6oz. ground rice, 6oz flour, 1 teaspoon baking powder. Divide into balls; make a hole in each, in which insert a teaspoon “St. George” Apricot Jam; close up the hole, dip each in beaten white of egg, then in sugar, and bake in a sharp oven.

Shortcake.—Required: $\frac{1}{2}$ lb. flour, $\frac{1}{4}$ lb. butter, 2 oz. sugar, 1 egg, $\frac{1}{2}$ teaspoon soda, 1 teaspoon cream of tartar, 1 dessert-spoon milk, “St. George” Apricot Jam. Put the butter and sugar into flour, add the soda and cream of tartar, then mix all with the egg (well beaten) and milk. Roll out thin and spread with the jam. Cook for half an hour. When cold, cut into squares.

Freshly-picked, Luscious Apricots in St. George Jams.

Jam Shortcake.—Required: 1lb. self-raising flour, 1 pinch salt, 4oz. butter. Rub well together, and mix to a soft dough with one beaten egg and a little milk. Put the mixture into two well greased sandwich tins, and bake in a quick oven. When cooked, place together with any “St. George” Jam in between.

Raspberry Biscuits.—Required: $\frac{1}{4}$ lb. butter, $\frac{1}{4}$ lb. castor sugar, 1 teaspoon baking powder, 1 egg, $\frac{1}{2}$ lb. flour, some jam. Beat butter and sugar to a cream, then add beaten egg, then flour and baking powder. Turn out on floured board and roll out very thin; cut with a biscuit

cutter. Spread a little jam on one piece, and make a hole in another piece, and put on top of the other. Bake on a cold floured tray for 10 minutes.

The Black Currants! The Gooseberries! Try St. George.

Biscuits: "Georgettes."—Required: "St. George" Raspberry, Strawberry, or Apricot Jam, 4oz. butter, 4oz. sugar, 4oz. ground rice, 6oz. flour, 2 eggs, 1½ teaspoons baking powder. Cream butter and sugar; add eggs; work in ground rice, flour, and rising. Divide into small balls; make a hole in each with the thumb, in which insert a teaspoon of "St. George" Jam (any of the above kinds are delicious). Close hole, brush over with milk, sprinkle with sugar, bake in a hot oven, and they crack and show the jam. Store in air-tight tins.

Apricot Buns.—Required: 8oz flour, 2½oz soft sugar, 3oz butter, 1 egg (slightly beaten), apricot jam, ½ teaspoon baking powder, ½ teaspoon essence vanilla, 2 tablespoons milk. Dredge flour and baking powder, rub in the butter, add sugar; bind with egg and milk, add essence. Roll out and cut into rounds; put a teaspoon of the jam on each round; wet the edges with a little milk, and pinch together. Place on a cold tray with joined side down, make a cross with a knife, brush over with beaten white of an egg, and sprinkle lightly with sugar. Bake in a quick oven about 15 minutes.

St. George Pepper is Pure—Order it.

Raspberry Cakes.—Required: 3oz. ground rice, 6oz. flour, 4oz. butter, 2oz. sugar, 1 teaspoon baking powder. Make into a stiff paste with one egg and a little milk; divide into cakes and hollow out the top of each one, and put in some "St. George" Raspberry Jam. Cover over, and bake in moderate oven.

Raspberry Buns.—Beat ¼lb. butter and ¼lb. sugar together, and add 1 egg, 10oz. flour, 1 teaspoon cream of tartar, ½ teaspoon of carbonate of soda, and ¼ cup milk. Take out in small lumps, flatten out with fingers, put on "St. George" Raspberry Jam, and fold up so jam will not come out. Turn over the other side, and bake.

Make Some St. George Ham and Chicken Sandwiches.

Raspberry Buns No. 2.—Required: $\frac{1}{2}$ lb. flour, 2oz. sugar, 3oz. butter, 1 egg (well beaten), 1 teaspoon baking powder, milk to mix, "St. George" Raspberry Jam. Rub the butter into the flour, add all dry ingredients, then add egg and enough milk to make a light paste. Roll out, cut into rounds, and place a teaspoonful "St. George" Raspberry Jam on each; wet the edges and pinch them together; cut across, but not quite to the jam. Bake in a quick oven about 10 minutes.

For Invalids: Ex Ox Beef Tea; all Grocers; 2 oz. Jars.

French Pancakes.—Required: 2oz. flour, 2oz. sugar, 1oz. butter, $\frac{1}{2}$ pint milk, 2 eggs, "St. George" Jam. Beat the butter and sugar to a cream; add the yolks of the eggs (which have been beaten with the milk); add the flour, and let it stand for 2 hours; then add the whites (beaten to a stiff froth), and bake for 20 minutes in four well-buttered saucers. Place the puddings together with "St. George" Jam.

Ever Tried Curried Eggs?. You'll Need St. George Curry Powder

"St. George" Trifle.—Required: $\frac{1}{2}$ oz. macaroons, $\frac{1}{2}$ oz. ratafia, some stale spongecake, teaspoonful rum essence, small cup water, little lemon juice and grated rind, some "St. George" Jam, 1 pint rich custard, 1 pint whipped cream (sweetened and flavoured). Arrange in a glass dish some spongecake cut in slices, a few macaroons, and ratafias; pour over them some of the wine mixed with a little water; put a little jam on the cakes; then another layer of cakes; and so on, till the dish is half full. Pour the custard over, and pile the whipped cream on top. Decorate prettily with hundreds and thousands or cherries, etc.

Sponge Roll.—Required: 1 cup flour, 1 scant cup sugar, 3 eggs, 1 teaspoon baking powder, 2 tablespoons cold water. Beat eggs and sugar till stiff and frothy; sift flour and baking powder; add water to eggs and sugar, and then stir in the sifted flour and baking powder lightly and quickly. Pour into a greased tin, and bake in a hot oven from 8 to 10 minutes. Turn out on to a damp cloth, spread with "St. George" Jam, and roll.

St. George Brand Canned Oysters.

Sponge Sandwich (with "St. George" Jam Filling).
 Required: 2 duck or 3 hen eggs, $\frac{3}{4}$ cup soft sugar, 1 cup flour, $\frac{1}{2}$ teaspoon baking soda, 1 teaspoon cream of tartar, 2 tablespoons warm water. Beat eggs until frothy; add sugar, beat a little; then add water, and beat until thick. Lightly fold in flour and rising (sifted); put mixture into two sandwich tins (buttered); bake 15 minutes in a fairly hot oven, and when cool spread thickly with any of "St. George" Jams liked. Place together and sprinkle icing sugar on top, or put together with the following:—2 tablespoons "St. George" Plum, Raspberry, or Strawberry Jam beaten with 2 tablespoons butter and 6 tablespoons sifted icing sugar; beat well together, add a teaspoon lemon juice, and put between cake. Reserve a little, and ice top of cake. This filling gives the cake a most delicious flavour, and keeps it moist.

St. George Tomato Soup has the Flavour.

SUNDRIES

Sweet Omelet.—Required: 3 eggs, 1 teaspoon sugar, $\frac{1}{2}$ oz. butter, 2 tablespoons milk, 1 tablespoon jam. Time, about 10 minutes. Beat the yolks of the eggs, sugar, and milk together; beat the whites to a stiff froth; mix together. Have the butter ready heated in the pan; when it starts to bubble stir in the mixture, and brown nicely. Add the jam, which must be warmed; and fold over and turn out on a warm dish.

Millenium Washing Powder Makes Easy Washing Days.

Jam and Cheese Sandwiches.—Spread thin bread and butter with firm "St. George" Plum Jam, and sprinkle jam well with dry grated cheese. Make into sandwiches.

Apricot Sauce (for use on Pudding).—Required: $\frac{3}{4}$ cup boiling water, juice of 1 lemon, 2 tablespoons apricot jam, 1 tablespoon cornflour, 1 heaped teaspoon sugar. Boil water, jam, and sugar. Dissolve cornflour in a little water, stir into boiling water, add juice of lemon, and boil until it goes clear.

"St. George" Black Currant Cordial.—Put 4 tablespoons "St. George" Black Currant Jam in a jug, a few slices of lemon, and a pinch of cream of tartar; pour over 4 breakfast-cups boiling water and stir well; strain. This is equally refreshing taken hot or cold. It is very soothing taken hot for sore throats or colds, and especially suitable for children, and so economical.

You'll Like St. George Worcestershire Sauce.

Dainty Afternoon Tea Sandwiches.—Take some "St. George" Peach Jam, spread on some very thinly-cut brown bread and butter, grate over some walnuts and some finely-grated cheese; then lay on another piece of bread and butter. Cut in finger lengths.

Sandwiches.—Very tasty Sandwiches can be made with "St. George" Ham and Chicken Paste, Devilled Ham Paste, etc.

Sandwiches.—For a change make these with "St. George" Camp Pie, sliced thin. They are very tasty.

Sandwiches.—Try "St. George" Whitebait; even "St. George" Tomato Sauce or Tomato Chutney with bread and butter makes a pleasant change.

Hints on Opening Tins, etc.—Lay the tin on its side; take off the label, and start just past the side seam; push the tin opener in, and then stand the tin upright and complete the cutting.

To get Sheep Tongues, etc., out of a tin in the solid mould, punch a good-sized hole in the bottom of the tin to let the air into that end.

Cheap Dippers or Billies.—These can be made very easily from a gallon or $\frac{1}{2}$ -gallon "St. George" fruit tin or a 7lb. jam tin. There is no solder used in putting on the tops or bottoms of these tins, so that the joint is stronger than that in most billies.

Canned Sausages.—These are improved by being browned in a frypan before serving.

Fruit Cleaning.—We use the latest machinery for stemming currants and topping and tailing gooseberries. The process is much to be preferred to hand processes, so use "St. George" Canned Fruits.

MEAT COOKING

Time Required for Cooking Meats.—Pork and thick Veal, 30 minutes per lb and 30 minutes over; Lamb and Veal, 25 minutes per lb and 25 minutes over; Beef and Mutton, 20 minutes per lb and 20 minutes over; Hams, 10lb ham say 5 hours, try with fork, do not boil too hard; small Ox Tongue, 5 hours.

To Boil Fresh Meat.—Plunge into boiling water, boil hard 5 minutes, then simmer gently. (Salt meat should be started in cold water).

To Roast Meat.—Cook hard at top of the oven 5 minutes, and then remove to a lower shelf.

To Stew Meat.—Cut into pieces, roll in flour, brown in frypan; put into saucepan with a little cold water and cook slowly till tender.

Vegetables.—Green vegetables, such as cabbage, cauliflower, spinach, silver beet, etc., should be put into boiling water with salt and a pinch of soda. Boil till tender.

Potatoes.—Put either new or old potatoes on with boiling water; in this way less of the starch is lost from the potatoes. Add salt for both, and for new potatoes mint also.

Soup.—This can be made from any fresh bones. Cover with cold water, and boil for 4 hours. When cold, remove fat. Add $\frac{1}{2}$ cup rice or barley, 2 onions, salt and pepper. A little Ex-Ox or "St. George" Tomato Soup improves the flavour. "St. George" canned soups are packed in all flavours, but if time allows, it is cheaper to make quantities by using "St. George" canned stewed ox tail, canned kidneys, or canned oysters; simply boil contents with extra water, thicken, and flavour.

LAUNDRY HINTS

Laundry Hints.—Take a packet of "Millenium" Washing Powder, and dissolve in boiling water. Put about one-eighth of this in a tub with more water, stirring; and put the balance into the copper with more water. (Caution: Many new-fangled washing powders are nothing but concentrated washing soda, and contain no soap; therefore nothing but "Millenium" should be

used, as it is practically all soap). Sort out pillow-cases, sheets, towels, tablecloths, serviettes, etc. (if not very dirty), from body linen, dusters, etc., and put them into the copper. Put the body linen into a tub over night. Light the copper fire first thing, and while the copper is warming up, rub the clothes in the tub and put them into the copper also. Boil 15 minutes, rinse in cold water, and then in blued water.

Starching.—Always use “Lily” Brand Starch if you want the best results. For white shirts, collars, and articles required very stiff; use cold-water starch. For other articles, use “boiled” starch.

Cold Starch.—Take “Lily” Brand Starch, mix with water till consistency of thin cream (a drop on wood must not look watery). Clothes must be dry. Rub starch in well; wring out tight; lay flat on a cloth, putting a layer of cloth between each article. Leave for an hour at least, and then iron.

Boiled Starch.—Dissolve 2 tablespoons (heaped) of “Lily” Starch with $\frac{1}{2}$ cup warm water; mix thoroughly, then pour on boiling water till it becomes clear, stirring briskly. Starch articles required stiffest first, and thin down for other articles if desired. Wring out articles well before putting into the starch, but wring loosely when taking them out of starch. Allow to dry thoroughly, then sprinkle with water; roll up tightly for an hour at least, and then iron.

To Colour Curtains, etc.—Use “Lily” Coloured Starches—Ecru (Yellow), Pink, Blue, etc.

CONFECTIONERY

Cocoanut Ice.—Required: 2 cups sugar, $\frac{1}{2}$ cup milk, 2oz. desiccated cocoanut, pinch cream of tartar. Boil milk and sugar 5 minutes; add cocoanut, and beat till thick, standing pot in cold water.

Chocolate Fudge.—Required: 2 large cups sugar, 1 cup walnuts, $\frac{1}{2}$ cup milk, 3oz. butter, 2 tablespoons cocoa dissolved in boiling water. Boil half an hour, and beat till getting thick.

Three Unique Recipes



St. George Lobster Pie.

Take a tin of "St. George" Lobster, and put it through a mincer. Make a Butter Sauce (1 cup milk, dessertspoon flour, dessertspoon butter, salt and pepper), and breadcrumbs. Put the ingredients in a piedish in layers, having a layer of breadcrumbs on top; put a few little pieces of butter on the top, and bake in oven till brown.

St. George Whitebait Fritters.

INGREDIENTS: 1 tin "St. George" Whitebait, 1 Egg, 3 tablespoons Flour, Pepper and Salt to taste.

METHOD: Beat egg well, add flour and seasoning, then contents of tin (add milk if necessary to make the batter to consistency of cream). Drop by tablespoonful into frypan, having fat boiling, and fry both sides to rich brown.

St. George Oyster Fritters.

INGREDIENTS: 1 tin "St. George" Oysters, 1 egg, 3 tablespoons flour, pepper, and salt to taste.

METHOD: Proceed exactly as in preceding recipe.

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